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Give Your Baby the Best Start with Prenatal Care



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DHS

Illinois Department of Human Services

Prenatal Care:

- An early start better ensures a healthy baby and pregnancy.
- Make an appointment for a pregnancy test after you have missed one monthly period.
- See your health care provider as soon as you think you are pregnant.
- Follow instructions on diet, exercise, rest and what to expect from your pregnancy.
- Don't use drugs, alcohol or tobacco; if you do, your baby does too.

It is very important for a pregnant woman and her unborn infant to receive health care. If you are pregnant, visit your local health department, neighborhood clinic or private health care provider. You may qualify for low cost or free care. For more information, call your local health department or the Illinois Department of Human Services' Help Me Grow/Futures for Kids Helpline at 1-800-323-4769.





Clinical visits are a good time for you to learn about your pregnancy, ask questions and discuss problems. It is also helpful to write down any questions you may have beforehand. Remember, no question is foolish. Call your doctor or medical provider if you have any questions, concerns or don't feel well.

What To Expect During Your First Visit:

- A medical history
- A physical exam
- A temperature and blood pressure check, among other tests
- Privacy: your results are kept confidential

See your health care provider at least once a month for the first six months, every two weeks in the 7th and 8th month, and every week until you deliver during your 9th month. Remember, some women may need more visits if problems arise. If you cannot keep an appointment, call to cancel and reschedule.

Ask Your Health Care Provider or Prenatal Family Case Manager About:

- WIC
- Childbirth classes
- Smoking cessation classes
- Drug abuse program

Emergency Information

Have your health care provider complete the following information. In case of an emergency, carry this card with you at all times.

Name _____

Address _____

Phone _____ Allergies _____

Age _____ Gr/P _____ LMP _____

EDC _____ By US _____

Sickle Cell _____ B. type/RH_____

Titre _____ Rhogam _____

Date/H&H _____ Date _____

Glucose screening _____

Date/Results: Pap _____ VDRL _____

GC _____

Current medications _____

Special Problems _____

Prenatal Care Provider _____

Address _____

Phone _____

Illinois Department of Human Services

Illinois Department of Human Services
Division of Community Health and Prevention

During pregnancy, take only the drugs prescribed by your health care provider. Other drugs, including alcohol and cigarettes, can be harmful to your baby.

Call your health care provider if you have any questions or concerns. If you don't feel well, and especially if you have any of the following symptoms, call your health care provider:

- vaginal bleeding
- vaginal discharge or gush of fluid
- swelling of your face or hands
- bad headaches
- blurry eyesight/double vision/seeing spots
- dizziness/fainting
- sharp abdominal pain
- pain or burning during urination
- vomiting/constipation/diarrhea
- decreased movement of the baby

You and your baby deserve the best early prenatal care.



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For more information:

Call or visit your local Department of Human Services (DHS) office. If you have questions about any DHS program, we will answer your questions. If you do not know where your local DHS office is or are unable to go there, call:

1-800-252-8635
1-800-447-6404 (TTY)
Illinois Department of Human Services
Bureau of Customer Inquiry
and Assistance
Monday through Friday
(except state holidays)
Quick Answer System hours:
7:30 a.m. - 7:00 p.m.
Representatives available:
8:00 a.m. - 5:30 p.m.

For answers to your questions,
you may also write:

Illinois Department of Human Services
Bureau of Provider Assistance
and Correspondence
100 South Grand Avenue East
Springfield, IL 62762

Visit our web site at:
www.state.il.us/agency/dhs

Illinois Department of Human Services

Programs, activities and employment opportunities in the Illinois Department of Human Services are open and accessible to any individual or group without regard to age, sex, race, disability, sexual orientation, ethnic origin or religion. The department is an equal opportunity employer and practices affirmative action and reasonable accommodation programs.

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